

Transitioning from Food Security to Nutrition Security

FEEDING WELL | LIVING HEALTHY



CONTENTS

Executive Summary	4
How to Use This Flipbook	5
Facilitator's Note	5
Target Audience	5
Who Will Facilitate	5
Why We Talk About Food	6
What is Food Security?	8
Is Enough Food Always Enough?	10
Hidden Hunger	12
What is Nutrition Security?	14
From Food Security to Nutrition Security – The Shift	16
What Makes a Nutritious Diet	18
Nutrition Security Is More Than Food	20
Nutrition Across Life Stages	22
Role of Markets, Agriculture, and Services	24
Community Actions Guided by Frontline Functionaries	26
Some Supportive Guidance for this particular area to motivate community participation	28
Key Takeaway	30



Executive Summary

Transitioning from Food Security to Nutrition Security: Feeding Well, Living Healthy

This 12-page flipbook is designed as a behaviour change and systems-awareness tool for frontline functionaries and communities. It explains the critical transition from a narrow focus on food security—ensuring sufficient calories to prevent hunger—to a broader, outcome-oriented understanding of nutrition security, which encompasses dietary diversity, micronutrient adequacy, safe water and sanitation, access to health services, and positive health outcomes across the life cycle.

The context setting is done by establishing the historical emphasis on calorie sufficiency through staple grains and public distribution systems. While this approach has been essential in reducing hunger, the narration has been switched to nutrition security, demonstrating that adequate calories alone do not guarantee good health. Through relatable examples, it has been highlighted how monotonous diets, limited access to seasonal foods, poor water and sanitation conditions, and intra-household inequalities contribute to hidden hunger—micronutrient deficiencies that impair growth, immunity, learning, and productivity, particularly among women, adolescents, and children.

The concept of nutrition security is then introduced as a multidimensional framework that integrates diverse and adequate diets, clean water and hygienic environments, micronutrient supplementation, and accessible health services. It has been tried to visually and conceptually connect

these elements, emphasizing that nutrition security is achieved not only through what people eat, but also through the conditions in which they live and the services they can access.

Moving beyond individual behaviour change, it has been suggested to use this flipbook to position nutrition within broader food, agriculture, market, and community systems. It highlights the role of diversified agriculture, functioning local markets, and responsive health and nutrition services in enabling households to make nutritious choices. Importantly, it positions frontline functionaries not as instructors, but as facilitators of collective, community-level action.

The final section translates this understanding into four simple, achievable community actions—growing food together, planning local foods seasonally, cooking and learning together, and maintaining clean environments. These actions reinforce participation, local ownership, and sustainability, while remaining aligned with existing frontline workflows and government programmes.

Overall, the flipbook has been designed in a manner to serve as a practical communication and mobilization tool that strengthens understanding of nutrition security as a shared responsibility—linking farms to markets, plates to health, and individual choices to community systems. It supports the shift from measuring success by food availability alone to measuring it by healthy, resilient, and well-nourished people.



Why We Talk About Food

For many years, the main goal was to ensure that everyone had enough food to eat.

This meant providing enough calories so that people do not go hungry.



Key Message

Earlier, our focus was on filling the stomach.



What is Food Security?

Food security means:

- Food is available
- Food is affordable and accessible in the local markets
- People get enough calories to survive, irrespective of nutrient distribution as per RDA

This helps reduce hunger, but does not guarantee good health.



Key Message

Food security = Enough food to stop hunger



Is Enough Food Always Enough?

Many people eat enough food but still feel weak or fall sick often.

This happens when:

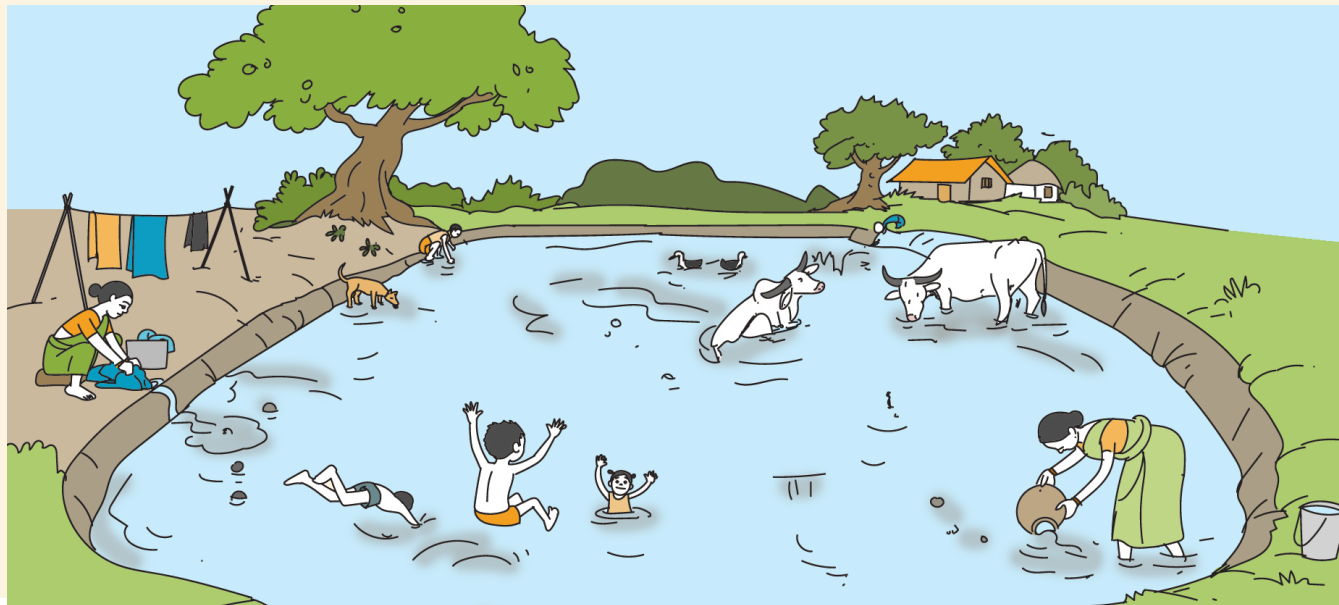
1. Meals **lack variety and nutrients**.
2. Seasonal produce, fruits and vegetables are unavailable in local markets, hence the plate at home.
3. Communities lack access to regular clean water/sanitation (WASH).
4. Purchasing power and decision-making are unequal or inadequate within households.



Key Message

A full stomach does not always mean a healthy body

(Healthy body = strong immune system, proper bodily functions, healthy skin/hair – especially relevant and relatable for the adolescent girls and boys)

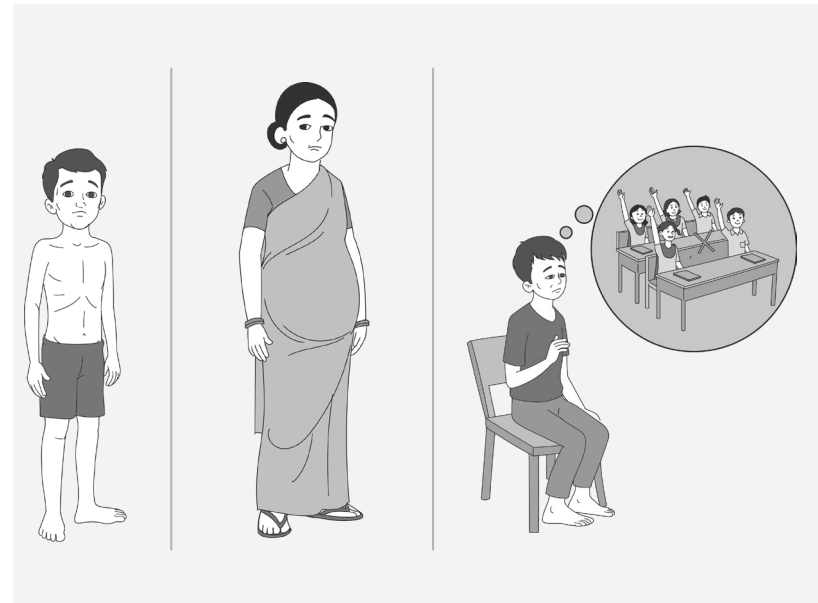


Hidden Hunger

Lack of vitamins and minerals like iron, vitamin A, iodine and zinc is called hidden hunger.

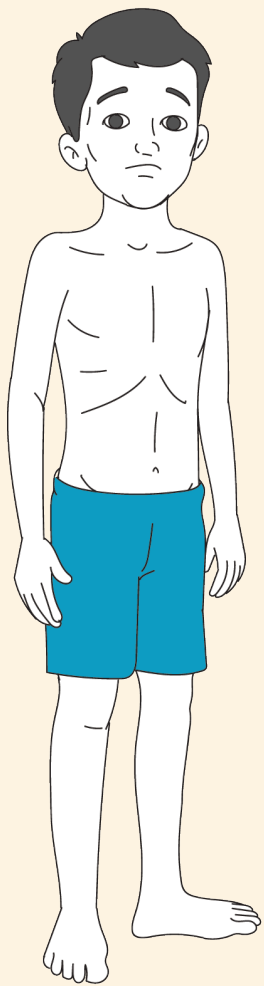
It is not always visible, but it affects health, growth and learning.

Note for the facilitator: Connecting line from Hidden Hunger to Nutrition Security: With different government schemes in place, PDS shops, etc. the hunger (Food Security) is addressed. Now it's time to address this hidden hunger, this is where "Nutrition Security" comes into picture. Nutrition security will help in building up and preventing depletion of body reserves of nutrients, thus, better growth and development.



Key Message

Hunger can be hidden.



What is Nutrition Security?

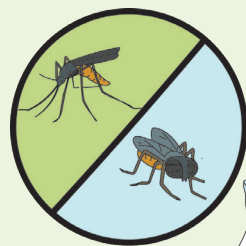
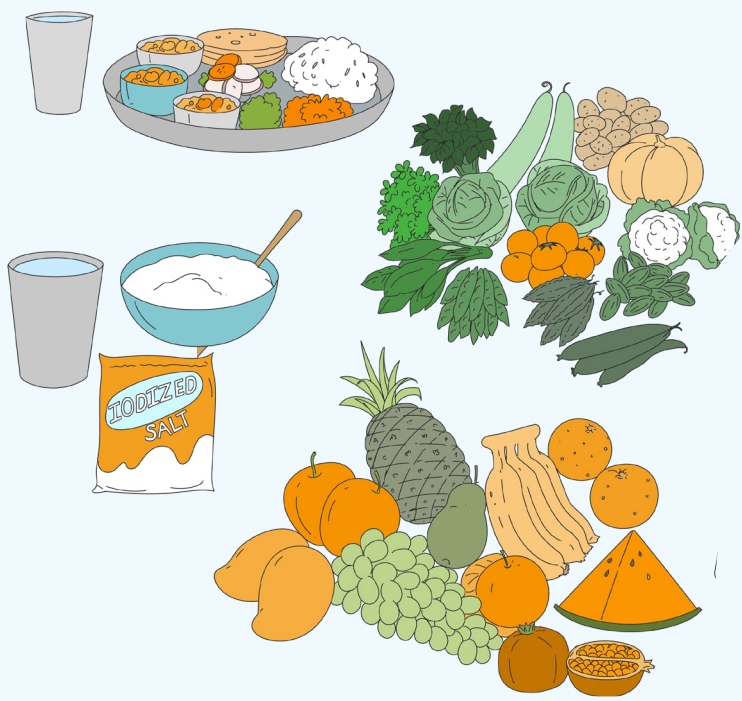
Nutrition security means:

- Enough and diverse types of food
- Clean drinking water and sanitary conditions
- Adequate vitamins and minerals
- Adequate and accessible health services for better growth



Key Message

Nutrition security = Right food and water, right nutrients, better health, hygienic environment, adequate and access to health services for all household members



From Food Security to Nutrition Security – The Shift

Food Security

Enough calories

Grain-focused

Survival

Quantity

Nutrition Security

Balanced nutrients

Diverse foods

Growth, immunity, wellbeing

Quality + access



Key Message

The focus has expanded from calories to outcomes.



What Makes a Nutritious Diet

A nutritious meal includes:

1. Starchy Staple foods (Cereals & millets)
2. Pulses (Beans, Peas, Lentils)
3. Dark Green Leafy Vegetables
4. Vitamin A – rich Fruits and Vegetables
5. Other Vegetables {Chaulai (Amaranthus), Bathua, Kulfa, Lauki, Tinda, drumstick leaves, kachnar, khesari saag, Cowpea/ Lobia}
6. Other Fruits (Amla, Baer, Guava, Bael, Jamun, Karonda)
7. Dairy products (Milk, Yogurt and Cheese)
8. Flesh foods (Meat, Fish, Seafood, Poultry, and Liver or Organ Meats)
9. Eggs
10. Nuts and Seeds



Key Message

Diversity on the plate brings strength to the body.
This comes from local availability as well as in the local market.



Nutrition Security Is More Than Food

Even the best food cannot protect health if:

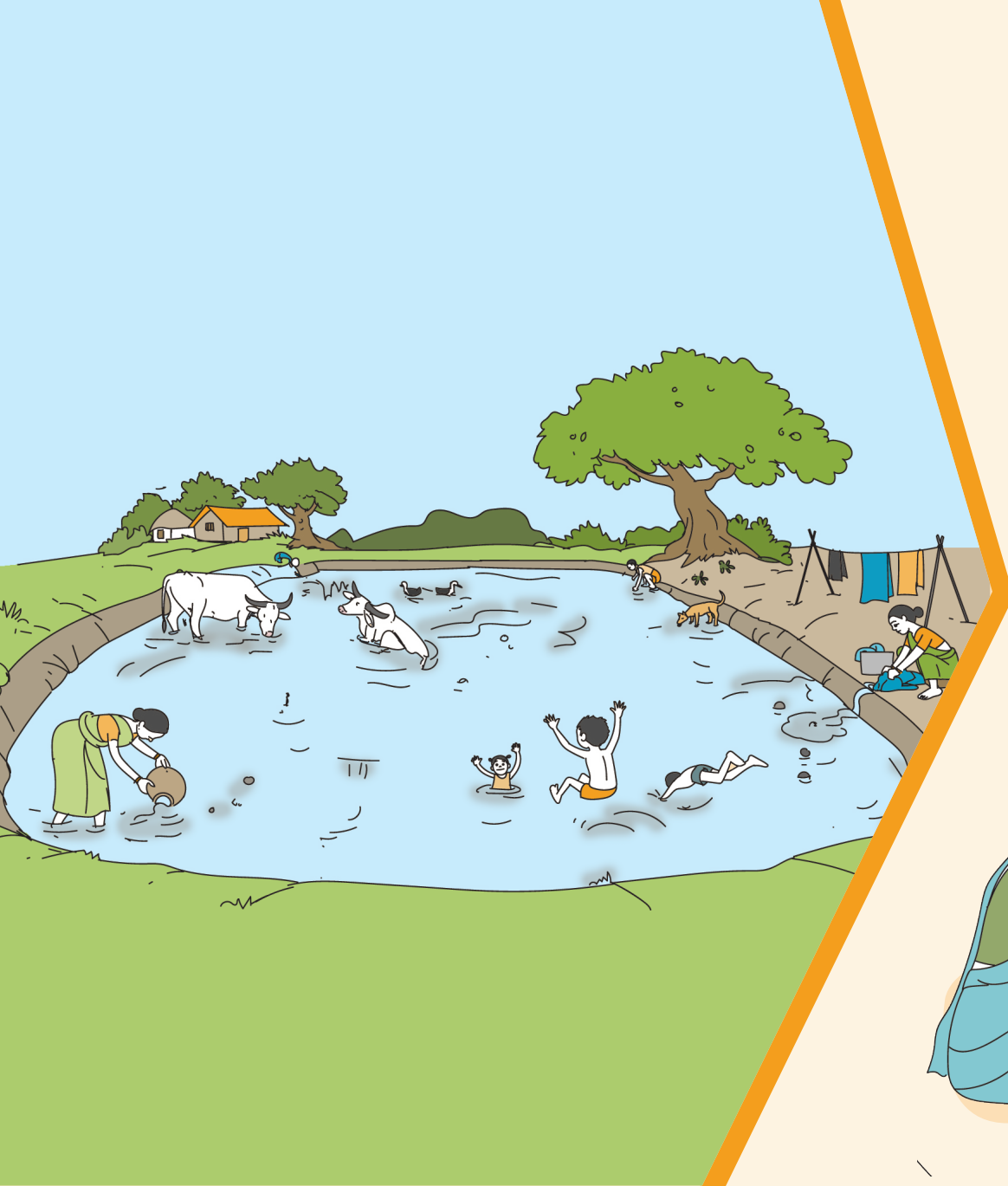
- Drinking water is unsafe
- Toilets are unavailable or unused
- Hands are not washed with soap after toilet and before meals
- Waste and stagnant water attract disease (stagnant water around drinking water sources, Open drains in the community)

Nutrition security depends on **WASH and hygiene practices**.



Key Message

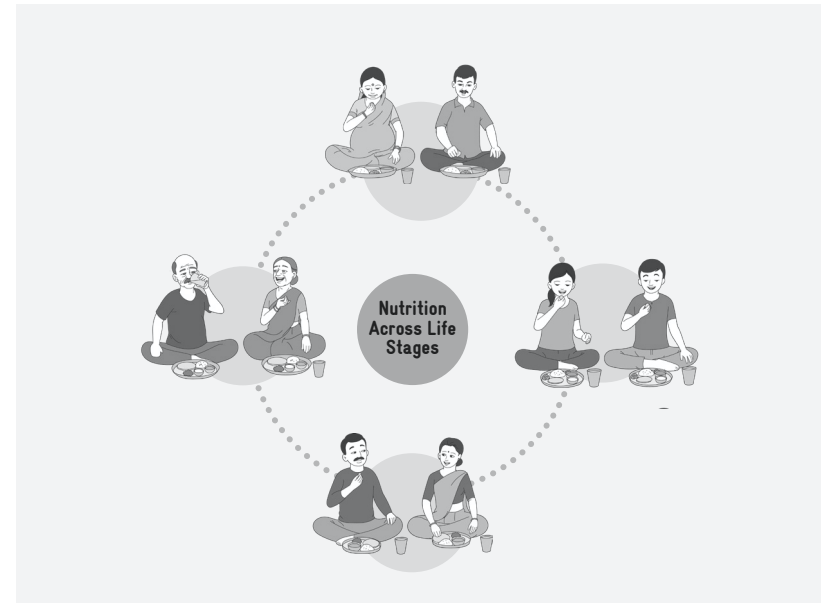
Good nutrition needs a healthy environment.



Nutrition Across Life Stages

Nutrition security is critical for:

- Adolescent girls and boys (growth, strength, learning)
- Pregnant women (healthy pregnancy)
- Lactating mothers (quality breastmilk)
- Infants and young children (growth and brain development)



Key Message

Nutrition needs change with age and stage.



Role of Markets, Agriculture, and Services

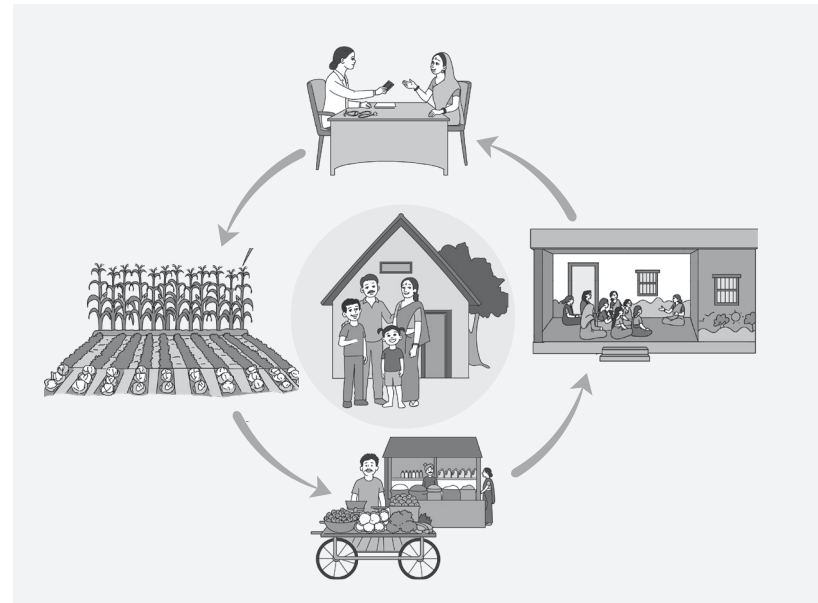
Nutrition security improves when:

- Farmers grow diverse, local foods
- Markets stock seasonal fruits and vegetables
- Health services provide supplements and care
- Frontline workers guide families

Where Does Nutrition Begin? Nutrition begins in the field.

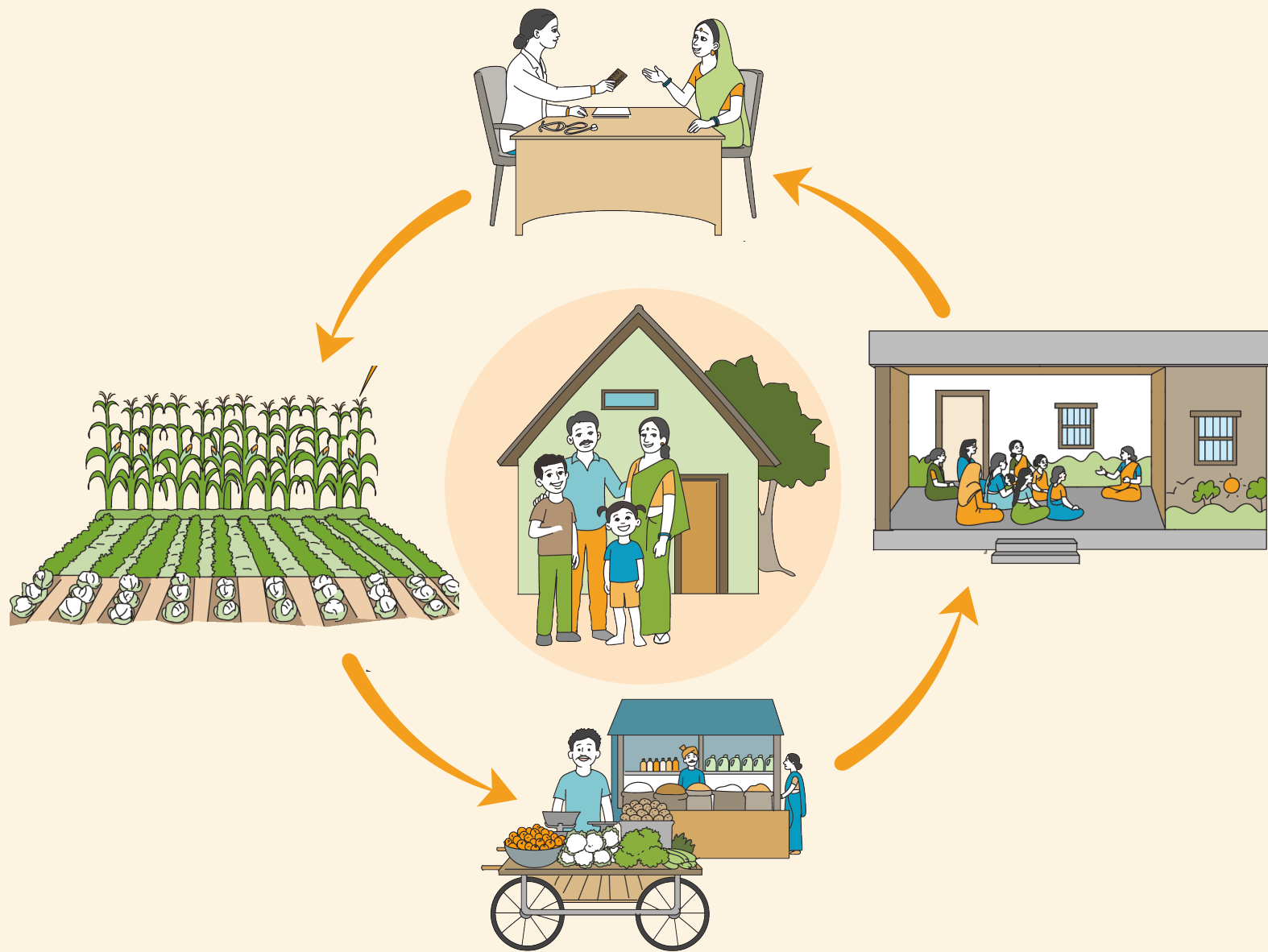
When farming focuses on only one or two crops, diets also become limited.

Diverse agriculture leads to diverse and nutritious diets



Key Message

Nutrition security is built by systems working together.



Community Actions Guided by Frontline Functionaries

Frontline functionaries support nutrition security by guiding communities to take simple collective actions:

1. Start and maintain community nutrition gardens (Stakeholder groups involved: PRIs, SHGs, FPOs, Champion farmers, Forest sabhas, Rozgar shahayak, ICDS, NRLM, School teachers, youth volunteers, CSOs, Hospitality actors)
 - Guide SHGs, schools, or Anganwadi groups to grow seasonal vegetables and greens for shared use.
2. Promote local food planning at village meetings (Stakeholder groups involved: PRIs, SHGs, FPOs, Champion farmers, Forest sabhas, Rozgar shahayak, ICDS, NRLM, School teachers, youth volunteers, CSOs)
 - Facilitate discussions on which local foods can be grown, bought, or shared across seasons.
3. Encourage seed sharing and food exchange (Stakeholder groups involved: PRIs, SHGs, FPOs, Champion farmers, Forest sabhas, Rozgar shahayak, ICDS, NRLM, School teachers, youth volunteers, CSOs)
 - Support communities to exchange seeds, surplus vegetables, eggs, or fruits among households.
4. Organise community cooking and meal demonstrations (Stakeholder groups involved: PRIs, SHGs, FPOs, Champion farmers, Rozgar shahayak, ICDS, NRLM, School teachers, youth volunteers, CSOs)
 - Help groups prepare simple, diverse meals using local foods during VHSNDs or nutrition days.
5. Create demand for clean water and sanitation (Stakeholder groups involved: PRIs, SHGs, Rozgar shahayak, ICDS, NRLM, School teachers, youth volunteers, CSOs)
 - Mobilise the community to maintain water sources, reduce open waste, and use toilets, improving the nutrition environment.
6. Build collective support for vulnerable groups (Stakeholder groups involved: PRIs, SHGs, Rozgar shahayak, ICDS, NRLM, School teachers, youth volunteers, CSOs)
 - Encourage community care for pregnant women, young children, adolescents, and the elderly through shared meals or food support.



Key Message

Nutrition security grows when the community acts together.



Some Supportive Guidance for this particular area to motivate community participation

What Is Nutrition-Sensitive Planning? Planning that keeps nutrition at the center.

Nutrition-sensitive planning considers:

- Seasonal availability of foods
- Nutritional needs of women and children
- Local food habits and affordability

Planning with nutrition improves outcomes.

Building Participatory Food Systems: Communities shape their food systems.

Participation means farmers, women, SHGs, and frontline workers jointly decide:

- What to grow
 - What to eat
 - How to support vulnerable groups
- This creates sustainable change.
{Why this has been included in the flipbook:
- Focuses on collective action, not just individual counselling
 - Positions FLWs as facilitators and enablers
 - Reinforces participatory food systems and nutrition-sensitive planning
 - Easily adaptable across villages and contexts}





Key Takeaway

Food security reduces hunger.

Nutrition security ensures health, growth, and holistic development.

Closing Line:

"From enough food to the right food—for everyone, every day."



Key Message

Full plates are not enough—healthy lives are the goal.

